









Mountain Day School/ Advanced Mountain Day School/ Crevasse Rescue School Equipment List



Mt Rainier always presents a myriad of conditions, from very hot to very cold. Having the right equipment is paramount to your success. Below you will find a detailed list of gear required for this climb. Unless otherwise noted, all gear on this list is required. Items that are available to rent are indicated, and feel free to browse our [rental department](#) for modern, high quality mountaineering equipment at a very reasonable price. Please note that advance reservations for rental equipment on Mt Rainier are not required. All of our programs will include a detailed gear inspection from the Guides. We want to help you find a layering system that is weight conscious and conditions appropriate. If you are trying to decide between two pieces of gear, bring both, and let your guide help you choose.

CLOTHING








Item	Description	Guide Recommendation
Underwear 	1 pair. Wicking synthetic or wool, no cotton.	Personal Preference
Socks 	Bring 1 pair of wool or wool-synthetic blend socks (no cotton.) You might also want to bring a pair of thin synthetic liner socks to help prevent blisters. Your socks can be thin or thick, whatever makes your boots fit.	Personal Preference
Non-Insulating Top Base Layers 	1 non-insulating, moisture wicking synthetic material such as merino wool or polyester.	Outdoor Research Echo Hoody Mens Fit/Womens Fit
Lightweight Bottom Base Layers 	1 pair of moisture wicking merino wool or polyester long johns.	Outdoor Research Enigma Mens Fit/Womens Fit

<p>Midweight Insulating</p> 	<p>2-3 pieces. Bring a mix of fleece and synthetic down-type insulating layers that you can use in a variety of combinations to adjust your temperature. These should include both fleece pull-overs as well as insulating jackets that can be used together. Bring at least 2-3 distinct layers.</p>	<p>OR Refuge Air Mens Fit/Womens Fit OR Trail Mix Layer</p>
<p>Soft Shell Jacket</p> 	<p>The jacket is light-midweight breathable, non-insulated and semi-waterproof.</p>	<p>Outdoor Research Ferrosi Jacket Womens Fit/Mens Fit This item is available for rent.</p>
<p>Soft Shell Pants</p> 	<p>The pants should fit comfortably and provide a small amount of warmth. They should be made from a synthetic softshell material. <u>These are required and cannot be substituted with hardshell pants (rain pants.)</u></p>	<p>OR Cirque Womens Fit/Mens Fit</p>
<p>Hard Shell Jacket/Pants</p> 	<p>These layers should be thick, 3 layer Gore-tex or equivalent material, built to withstand the most extreme weather, not simply rain. This should be a shell, not a heavy ski jacket. Pants should have full side-zips so they can be put on while wearing crampons.</p>	<p>Outdoor Research Furio Jacket OR Aspire Jacket OR Foray Pant OR Aspire Pant These items are available for rent.</p>




GLOVES

Item	Description	Recommendation
<p>Lightweight Glove</p> 	<p>This is a very lightly insulating pair of gloves that will be worn when the temperatures are warm out and gloves are needed. These ideally need to have a leather palm and fit tightly.</p>	<p>OR Stormtracker Infinium Sensor Glove</p>
<p>Midweight Glove</p> 	<p>Bring a pair of midweight climbing gloves that will be worn during the majority of your cold weather climbing. These must have a leather palm and be a durable, warm glove.</p>	<p>OR Extravert OR Arete</p>



HEAD & FACE







Item	Description	Recommendation
<p style="text-align: center;">Sun Hat</p> 	<p>Brimmed hat for sun protection</p>	<p>Personal Preference</p> <p style="text-align: right;"><i>Available for Purchase at IMG HQ</i></p>
<p style="text-align: center;">Warm Hat</p> 	<p>An insulating hat for warmth. Must fit under your climbing helmet.</p>	<p>Personal Preference</p>
<p style="text-align: center;">Buff</p> 	<p>Wicking, synthetic or wool, very lightweight neck gaiter for face protection</p>	<p>IMG logo Buff</p> <p style="text-align: right;"><i>Available for Purchase at IMG HQ</i></p>
<p style="text-align: center;">Glacier Glasses</p> 	<p>Rated for intense UV and glare protection</p>	<p>Julbo Shield Julbo Sherpa (Prescription questions)</p> <p style="text-align: right;"><i>This item is available for rent.</i></p>
<p style="text-align: center;">Sun Screen</p> 	<p>SPF 30 or higher</p>	<p>Personal Preference</p> <p style="text-align: right;"><i>Available for Purchase at IMG HQ</i></p>
<p style="text-align: center;">Lip Balm</p> 	<p>SPF rated</p>	<p>Personal Preference</p> <p style="text-align: right;"><i>Available for Purchase at IMG HQ</i></p>
<p style="text-align: center;">LED Headlamp</p> 	<p>Make sure your headlamp has a full elastic strap so that you can put it on your helmet. Use a fresh set of batteries. Bring at least one extra set of batteries.</p>	<p>Petzl Actik</p>

FOOTWEAR




Item	Description	Recommendation
<p style="text-align: center;">Trail Shoes</p> 	<p>A more comfortable shoe will make the approach day more enjoyable, especially mid July-Sep. A low cut trail runner is appropriate, but if you prefer more ankle support find a hiking boot that works well for you. Log some miles before the trek and work out any foot issues you may have ahead of time.</p>	<p>Personal Preference Salomon Speedcross</p>
<p style="text-align: center;">Gaiters (optional)</p> 	<p>A pair of gaiters will help keep your pant legs free from damage from sharp crampons during the climb and will help keep snow and dirt out of your boots.</p>	<p>OR Crocodile Gaiters</p>
<p style="text-align: center;">Single Boots</p> 	<p>Crampon-compatible, full-shank insulated leather or synthetic mountaineering boots. Any level of insulation is acceptable.</p>	<p>La Sportiva Nepal</p> <p>Frequently Asked Questions Kolfach Double Boots are available for rent.</p>

CLIMBING GEAR



Item	Description	Recommendation
<p style="text-align: center;">Backpack</p> 	<p>Modern internal frame pack at least 30L-50L in size in order to fit all your items. Make sure it fits well with weight and expect to carry at least 40 pounds. <u>You should also bring a pack-liner/garbage bag in order to keep your gear dry.</u></p>	<p>Mountain Hardware AMG</p> <p>Jansport Guide Series Tahoma is available for rent.</p>
<p style="text-align: center;">1 or 2 Trekking Poles</p> 	<p>Collapsible pole with ski baskets</p>	<p>Black Diamond</p> <p>This item is available for rent.</p>

<p>Climbing Helmet</p> 	<p>Modern climbing helmet that meets industry standards, fits comfortably over your bare head, hat, and/or balaclava, and your headlamp must be able to strap securely to the outside of the helmet. Ski and bike helmets are not appropriate</p>	<p>Petzl Boreo Petzl Sirocco</p> <p><i>This item is available for rent.</i></p>
<p>Climbing Harness</p> 	<p>Modern harness that meets industry standards, fit snugly around your waist and have ample room to wear layers beneath. Both rock-style harnesses or an alpine-style harnesses are appropriate.</p>	<p>Petzl Altitude Black Diamond Couloir</p> <p><i>This item is available for rent.</i></p>
<p>Crampons</p> 	<p>Modern 10 or 12 point steel crampons that are compatible with your boots.</p>	<p>Petzl Vasak</p> <p><i>This item is available for rent.</i></p>
<p>Ice Axe</p> 	<p>1- Lightweight general mountaineering axe</p>	<p>Petzl Glacier Axe</p> <p><i>This item is available for rent.</i></p>
<p>Avalanche Transceiver</p> 	<p>Modern avalanche transceiver that meets industry standards (season or conditions dependent.)</p>	<p>Pieps</p> <p><i>This item is available for rent.</i></p>
<p>Climbing Hardware</p> 	<p>For Crevasse Rescue School: 2 locking carabiners 2 non-locking carabiners 1 belay device 25ft of 6mm accessory cord 1 60cm sewn dyneema or nylon runner 1 120cm sewn dyneema or nylon runner 1 Mechanical Ascender (optional)</p>	<p>Petzl locking carabiners Non Locking Carabiners Reverso Belay Device Accessory cord Runners</p> <p><i>Available for Purchase at IMG HQ</i></p>

Personal Equipment

Item	Description	Recommendation
<p>Face Mask</p> 	Per CDC guidelines	
<p>Disposable Hand Warmers (Optional)</p> 	If your hands get cold easily these can help.	<i>Available for Purchase at IMG HQ</i>
<p>Small First Aid Kit</p> 	A small zip lock of medications, blister care, duct tape, and band-aids. All Guides carry a more substantial first aid kit.	Adventure Medical Kit: Mountain Day Tripper Lite

FOOD & WATER

Item	Description	Recommendation
<p>2 Water Bottles</p> 	2 wide mouth 1 Liter bottles w/ a screw top lid (put your name on them.) Please leave water bladders at home.	<p>Nalgene</p> <p><i>Available for Purchase at IMG HQ</i></p>
<p>Personal Food</p> 	Ensure that you have enough snack/lunch food for a day in the field.	Food Suggestions for Mt. Rainier